

**GENERAL RULES AND REGULATIONS OF THE
CAPTAIN SHREVE HIGH SCHOOL SPIRIT GROUPS
(Varsity Cheerleaders/Mascot, Highline, Junior Varsity Cheerleaders,
Competition Cheerleaders, Freshman Cheerleaders and Pep Squad)**

- I. Purpose
 - A. Serve the school by promoting school spirit and serving in any capacity that might reflect a positive image of our school
 - B. Develop character by building qualities such as leadership, cooperation, sportsmanship, honesty, scholarship, and confidence; and to exhibit such qualities in the group's image of high standards of conduct
 - C. Cultivate cooperation within the squad and with other spirit groups
 - D. Develop dance/cheer abilities by learning dance routines/techniques and cheers/techniques in order to provide entertainment at school and community events
 - E. Reach out to our community in a variety of ways

- II. Membership Selection
 - A. Try-outs:
 1. Highline/Varsity Cheerleader/Mascot/JV Cheerleader/Competition Cheer
 - a. Try-outs will be held in the spring of each year. Freshman Cheer will be held in August (the second week of school).
 - b. Candidates must be currently enrolled in Captain Shreve High School in order to try-out.
 - c. Candidates must be entering the 10th, 11th (JV Cheer), or 12th grade (Varsity Cheer) of the next school year. 9th graders are eligible to tryout for Highline.
 - d. Candidates must have permission to try-out with an intent-to-run form.
 - e. A candidate must attend all practice sessions unless excused by the director prior to the session missed. School related activities are excused. The candidate is responsible for any material missed from that session.
 - f. Candidates must be present 3 hours at school to participate in clinic for that day—excused or unexcused. Only students who attend a school function off campus will be able to participate in the clinic practice that day.
 - g. A candidate must have parent permission to try-out for the team. Candidates must submit a non-refundable try-out fee with the signed permission slip to the sponsor by the deadline given. The try-out fee will be used to pay judging and instructional fees.
 - h. Grade point average of 2.0 (as shown on the semester report card) must be established and maintained as directed by the requirements of the Caddo Parish School Board. Students may try out on probation (at the discretion of the sponsor) but will be dismissed from the team at

the end of the semester if their grade point average falls below the requirement. No candidate can make up the grades in summer school. Grades will be checked again at the end of the first semester and dismissal will occur if grades are below the requirement. Spirit group members dismissed from the team are responsible for any outstanding financial commitments such as uniforms and camp fees.

- i. A candidate may try-out with administrative approval concerning discipline matters. Spirit group members will be dismissed if they are suspended at any time during their term.
 - j. Each candidate must have been a member, and/or currently a member of Pep Squad, JV Cheer, ROTC, Band or a Captain Shreve athletic varsity program for a period of one year to be eligible to try out. (2 year membership for varsity cheer). Each candidate must be in good standing with that organization and receive a positive recommendation from that sponsor in order to try out. Candidates may not try-out for Highline/Varsity Cheerleader/JV Cheerleader if she/he has resigned or been dismissed from another spirit group from the previous year at Captain Shreve High School or previous school.
 - k. All school related fees must be paid before candidates can try out.
 - l. A candidate will need shorts, t-shirts, and tennis shoes for clinic. For try-outs, they will need a short/t-shirt outfit with no cheer or dance logos.
 - m. The candidates will try-out in small groups before a panel of three to five judges.
 - n. Try-outs will be a closed session.
2. The Highline tryouts will be open to any student from any grade level. Teacher recommendations, grade point average and administrator references from the middle school will be considered in determining eligibility.
 3. The Competition Cheer tryouts will be done at a local gym. The routine will be taught one day and tryouts will be the next day. Judges' scores will be the sole criteria for the Competition Cheer Squad.

B. Scoring

1. The judges' scores are 50 percent of the total points. The candidate will be evaluated on a variety of dance/cheer requirements that must be met in order to be a member. See judge's sheets that are determined by the sponsor.
2. The number of members for the Highline will be determined according to the ability of the girls trying out. The score will be based on teacher recommendations (50%) and judges' scores (50%).
3. The number of varsity cheerleaders and junior varsity cheerleaders will be the top candidates with the highest score of at least a score of 75 percent. (50% teacher recommendations and 50% judges' scores).
4. A mascot will be chosen by displaying creativity, spirit and crowd involvement during tryouts.

5. Score sheets will be tallied by two auditors approved by the administrators.
6. The final list will be approved by an administrator prior to posting of the list. The list will be posted on the front doors of the school and/or through social media. All decisions are FINAL!

III. Membership Requirements:

A. Member Rules

1. Spirit group members are required to attend all spirit activities after any team sport practice, game, meet, etc.
2. Membership of all CSHS spirit groups is for one year from the date of selection. Members must try out/ sign up each year.
3. Members must be skilled in appropriate spirit group activities.
4. Each member must be capable of purchasing practice and performing uniforms. Uniforms and practice uniforms may be worn only by current members. All props, travel expenses, and camp fees are to be paid by each member. Fundraisers will be conducted for any type of special event funding, such as competitions. All deadlines for such fees must be met in accordance with sponsor requirements.
5. Members must pay for all uniforms before ordered or will be subject to immediate dismissal.
6. Grade point average must be maintained at 2.0 (as seen on the report card) as directed by CPSB policy. Grade point average will be checked at the end of each semester.
7. Members must be prepared to practice daily after school and/or before school, be present for scheduled practices during the summer, and to attend summer camp. Spirit groups attend all football games, basketball games (post season and/or play-off games), and other designated events. Attendance is mandatory and failure to participate will result in dismissal from the group. Work is not an excused absence.
8. Demerits will not start over at semester.
9. Members must be in school for 3 hours to participate in mandatory spirit group activities.
10. If a member is unable to practice due to minor injury or illness, attendance at practice and games in full uniform is still required.
11. All off campus activities are school sponsored and members must apply all school rules and policies.
12. Bus transportation is required to all away football games with a signed CPSB permission slip. Parents may pick up their members from an event with a written note that should be turned in the day before the trip by 12:00 PM. NO EXCEPTIONS! Varsity Cheer must provide own transportation to in town football, volleyball, and basketball games.
13. Those members with questionable discipline records will be reviewed by the school administration for possible dismissal or reprimand.
14. Any member with any type of suspension (as stated by the Caddo Parish School Board Discipline policy) will be dismissed immediately.

15. All members must participate in all fundraising activities or be prepared to make an equivalent financial contribution to the spirit group's account.
16. If a member has an F in a class, she/he will not be able to attend field trips that require her/him to miss class.
17. Banner making, poster making, candy bag assembly, spirit breakfast decorating, community service projects, locker room decorating, fund-raising and any other spirit group activity designated by the sponsor will be required activities for all spirit groups.
18. All Varsity Cheerleaders and JV Cheerleaders will need to get a physical prior to the beginning of the season.
19. All Spirit Group members will need to fill out a complete packet which includes: permission slip, field trip information, medical information, etc.

B. Code of Conduct

All spirit group members will be expected to adhere to the Captain Shreve Code of Conduct which states:

1. Conduct yourself at all times according to high personal standards. Members must be conscious of their social media conduct including but not limited to, texting, Twitter, Facebook, Instagram, MySpace, etc.
2. Be honest, kind and helpful to others.
3. Be respectful and courteous.
4. Follow all school rules.
5. Profanity, dishonesty, discourtesy, use of drugs, alcohol, or tobacco, unbecoming behavior or failure to follow school rules while in uniform or at school sponsored events will result in a disciplinary action.

C. Officer Selection

1. Officer Selection will be based on try-out score and teacher recommendation score.
2. If an officer accumulates 10 demerits at any time throughout the year, she will be dismissed of her officer duties.
3. Spirit groups will have a captain and co-captain.

D. Duties of Captain and Co-Captain(s)

1. To be at practice before starting time and to have the practice start on time.
2. Lead squad in warm-up routine.
3. To recommend additional practices as deemed necessary to the coach/sponsor.
4. Notify the squad if the scheduled time or date is changed.
5. Be responsible for the use of appropriate cheer, chant, dance, and music for all routines.
6. To lead the squad onto the court for timeouts and halftime performances.
7. To design all routines for pep rallies including open house and all squad routines.
8. To designate the proper uniform to be worn for each event.

E. Spirit Group Class Expectations (Varsity Cheer, Highline and Pep Squad)

1. A member is required to dress out daily to receive the participation points for the entire school year.
2. If a student has an excused or unexcused absence in the class period, she/he will be required to do an alternate assignment for that class period missed. She/he will be responsible for contacting the sponsor for all make up work.
3. A class calendar will be given at the beginning of each month for all responsibilities and expectations of the class.

F. Medical Release

All spirit group members must provide a medical release form from a licensed medical doctor or certified athletic trainer to return to practice or competition after an injury, or at anytime deemed by sponsor.

IV. Demerits/Probation

When a member accumulates 10 demerits, they will not perform the routine/cheer at the game/performance of choice by the sponsor, or they will be required to attend an additional game or activity. A demerit notification letter will be sent to inform parents and the member of the violations. When a member accumulates 20 demerits, they will be dismissed from the CSHS spirit group (with the exception of pep squad which is dismissed at 30 demerits). Demerits will not start over at the beginning of the semester.

Any member receiving 20 demerits will forfeit their membership from the team for the remainder of the year (with the exception of pep squad which will be dismissed at 30 demerits). Once a member has been dismissed from the team, the member will not be allowed to wear any part of the CSHS Spirit group uniform (performing uniforms, practice uniforms, athletic jacket, or any other part of the spirit group wardrobe). The following is a list of violations that will result in the designated demerits. Any officer may report violations, but the **sponsor makes the final decision** regarding the giving of demerits.

Offense

-Gum-chewing (practice or performance)

-Tardiness to practice or performance

(Excuses must be submitted in writing prior to the tardy)

-Leaving practice/game early

-Unexcused absence to practice

-Unexcused absence to required game or performance

(Excused absences will be those accepted by CPSB: Illness of self (with Dr.'s note), death in the family, attendance at another school related activity excused by the administration, or religious holiday. All other reasons are unexcused. All absences must be substantiated with a parental phone call or written note. Prior notification of an absence is **MANDATORY** except in cases of extreme emergency. If a member is unable to practice due to injury or illness, attendance at the

Demerits

1 demerit

2 demerits

4 demerits (for every 15 minutes missed)

5 demerits

7 demerits

game in full uniform is still required. Non-related school activities will be considered unexcused-Ex: gymnastics classes, dance classes, work, etc...)

- Not notifying the sponsor of absence from practice
(excused or unexcused) **2 demerits**
- Not notifying the sponsor of absence from game
(excused or unexcused) **3 demerits**
- Inappropriate, dirty, or incomplete uniform
Including visible undergarments
(practice, game day, and performance) **5 demerits/item**
- Not wearing performance uniform on designated days **5 demerits**
- Public display of affection while in uniform **5 demerits**
- Talking during practice, ballgame, prayer, or National Anthem **3 demerits**
- Wearing jewelry during practice and performance
(Including belly button and tongue rings) **3 demerits**
- Failure to comply with standard behavior in the stands
(sitting, cheering, and standing as directed; talking to non-members and/or parents; eating or drinking other than designated breaks; and returning late from designated break times) **2 demerits each occurrence**
- Failure to follow travel procedures **5 demerits**
- Uncooperative or disrespectful attitude to any spirit
Sponsor and/or faculty member **7 demerits**
- Loaning out uniforms to non members **3 demerits**
- Use of profanity in or out of uniform **10 demerits**
- Failure to meet quota on fundraisers **2 demerits**
- Failure to return requested information of any type **1 demerit**
- ISS, Detention, BMR **3 demerits/day or hour**
- Using the cell phone during practice or at activity events
(This includes the phone ringing during these events.) **2 demerits/each occurrence**
- Sitting in stands as a spectator during games in uniform **15 demerits**
- Showing up to an assigned game as a spectator. **15 demerits**

NOTE:

**Sponsor has the right to collect all cell phones prior to any practice or event.

**To ensure that repetitive violations of the constitution do not occur, probation of CSHS Spirit group members will be enforced.

Any member of the CSHS Spirit groups can be placed on probation at any time for the following reasons:

1. Committing violations of the constitutions on three consecutive occasions.
2. Uncooperative attitude.
3. Lack of motivation.
4. Disrespect to members, choreographer, sponsor or other spirit group members.
5. Having received 3 demerit notification sheets.
6. ISS, Detention or BMR (cannot wear the spirit group uniform while in ISS, Detention or BMR).

*Probation will be for no less than one school week and can lead to dismissal if the behavior continues. The length and terms of probation will be determined by the sponsor and an administrator of Captain Shreve High School. While on probation, a member will be required to attend practice, attend games or other required activities in full uniform. They must remain in an area designated by the sponsor throughout their probation. The member on probation is responsible for any new routine or information learned during practice or meetings. It is the responsibility of the member to change the behavior that resulted in probation. The sponsor is not responsible for reminding members of the regulations set forth in the constitution.

V. Performance Requirements

- A. A member will not be allowed to perform if debt is incurred. Report cards will be held if debt is not cleared by the end of the nine weeks.
- B. A member who is absent 2 practices prior to a performance will not be allowed to perform (excused or unexcused – spirit groups must make final adjustments at that practice).
- C. A member who has not demonstrated proficiency in the routine will not be allowed to perform. Members must be present at practice on the designated evaluation day. Cuts will be made prior to each performance.
- D. When a member accumulates 10 demerits, they will not perform the routine/cheer at the game/performance of choice by the sponsor. A demerit notification letter will be sent to inform parents and members of their violations. When a member accumulates 20 demerits, they will be dismissed from the CSHS spirit groups (with the exception of pep squad which is dismissed at 30 demerits).
- E. Members must be present at school at least 3 hours of the school day on the day of a game or performance to be eligible to perform.
- F. If a member checks out of school for any reason, they must contact the sponsor before leaving the campus.
- G. Members must be in complete uniform as designated by the sponsor or they will not be allowed to perform.
- H. Any member put in ISS, Detention or BMR will not be allowed to perform a routine/cheer at a game of choice by the sponsor.
- I. Failure to meet academic eligibility requirements, as established by CPSB Bulletin IGD (eligibility requirements for participation in extracurricular activities) will result in dismissal from the CSHS Spirit groups.

- J. Any member who is suspended from a performance must attend in full uniform, or the member will be suspended from the next performance and will receive 10 demerits for an unexcused absence. Demerits accumulated from this situation will be sufficient in number to warrant dismissal from the CSHS spirit groups.

VI. Parent Responsibilities

- A. Assist student in meeting the members' obligations including financial obligations.
- B. Assist in making sure member has transportation home no more than fifteen minutes after the time announced for the event to be over. Failure of a student to have transportation within fifteen minutes after an activity ends may result in the member being suspended from attending such activities, thus jeopardizing his/her membership.

VII. Dismissal

Any member who is in violation of the following governing regulations will forfeit their membership on the CSHS Spirit groups for the remainder of the year. Once a member has been dismissed, they are not allowed to wear any part of the spirit group uniform nor tryout for a spirit group for the next year.

- A. Accumulation of 20 demerits (with the exception of pep squad which will be dismiss at 30 demerits)
- B. ANY suspension as imposed by CPSB Discipline Policy
- G. Refusal to comply with a reasonable request of the sponsor
- H. Breaking any school rule or spirit group rule while in any part of the CSHS spirit group uniform
- I. Being on probation more than 3 times
- J. Not maintaining the required GPA
- K. Inappropriate behavior outside of school activities that may reflect a negative image on the school or team
- L. Missing 25% of performances per nine weeks-excused or unexcused

Dismissal will be administered by the sponsor with the approval of the administration.

I have read and fully understand all parts of the CSHS Spirit Group Constitution.

(Parent Signature)

(Date)

(Student Signature)

(Date)